

SPORTS

Kayla Maduk ready for World Championships

BY JEFFREY MORRIS

Kayla Maduk isn't much different than any other kid in Barrhaven.

She loves soccer. She likes to blog and surf the internet. She just graduated from Cedarview Middle School and is excited about going into high school at John McCrae in the fall. Oh yes, and she is going to New Zealand next year to compete for Canada in the World Taekwon-do Championships.

"I'm really excited about going and right now I am training hard," said the 14-year-old.

Maduk has already had a taste of international success. Two years ago, as a 12-year-old, she won two gold medals in the 12-14 age category at the World Cup of Taekwon-do in Toronto. The World Cup, she said, is not the same as the World Championships. In New Zealand, she will get a real taste of how she stacks up internationally.

"My goals have changed in the last two years," she said. "The World Cup is not the World Championship. It was an open tournament. In New Zealand, only the top three from each country will be there."

The cliché in sports is that losing or placing second is a motivator. For Maduk, winning gold two years ago has motivated her.

"When I won at the World Cup, I didn't get the sensation that I thought I would. I didn't feel like I earned it," she said. "I knew then that I had to go to the World Championships. I want to be the best of the best."

"I wanted to compete in last year's World Championships, but I was 21 days too young to qualify. It was a huge bummer. It crushed me completely."

Maduk has already qualified as the youngest member of the Canadian team for the tournament. She has qualified to compete in the team sparring competition for Canada and will be working on locking up positions for the individual sparring and



pattern disciplines throughout the year. Her next big tournament is in Vancouver in November, and the World Championships in New Zealand begin March 9, 2011.

"It's a little easier to focus on training now that school is done," she said. Maduk did not have any difficulties pulling off good marks with her commitment to training and competing. She had an 86 average and won the Ontario Principals Award for Leadership upon graduating. She won several athletic awards at the school's graduation. She also plays competitive soccer for the Ottawa



South United Force U14 girls team in the East Regional Soccer League.

"When school was on, I

would have to do homework in the car between soccer and Taekwon-do," she said. "It's a little easier now."

(Above) Kayla Maduk lands a kick in a recent tournament.

(Left) Kayla Maduk won two gold medals for Canada at the World Cup of Taekwon-do in 2008.

Maduk trained for years with Master Kou at the Barrhaven Mall. She now trains in Orleans, as she has needed to expand the caliber of opponents she can spar with. She trains with Master LeGrow, a sixth-degree black belt and a medallist for Canada in the last World

Championship. He is also a former student of Master Kou.

"My focus is on winning gold in New Zealand," she said. "People say to relax and have fun and enjoy the moment, but I am not going to do that. Winning will be the moment I want to enjoy."

Maduk is currently raising money to compete, as it will cost her approximately \$15,000 to compete in New Zealand. She has her own website, www.ikicklikeagirl.com, and there is a button on the site for people in the community who wish to support her to make donations through Pay Pal.

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